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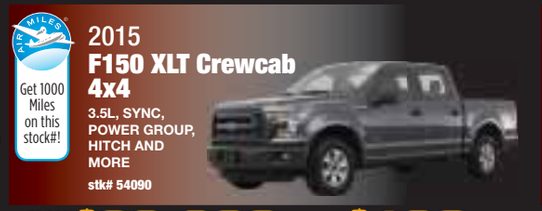

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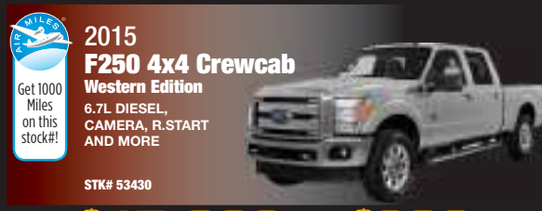

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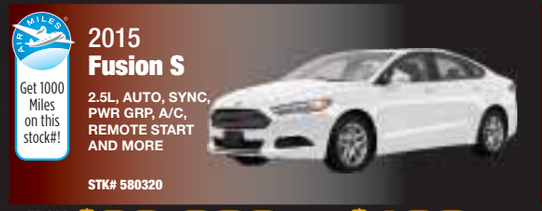

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BOYS IN BLUE COMING HOME

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metroSPORTS

Your essential daily news | TUESDAY, OCTOBER 13, 2015

High 14°C/Low 5°C Mainly sunny

Monday's 100 km/h gusts felled trees and power lines, and kept police busy

A woman struggles to strap her child into his stroller at Polo Park Shopping Centre on Monday. ELISHA DACEY/METRO

HAIR-RAISING WIND

Exec to discuss Uber in the 'Peg

TRANSPORTATION

Car-hailing app has been a thorn in cabbies' sides

Elisha Dacey
Metro | Winnipeg

An executive for a company that is revolutionizing the taxi industry (or killing it, depending on who you ask) will be in Winnipeg this week to talk turkey.

Chris Schafer, Uber Canada's public policy manager, will be in town Wednesday to hold an information session with the Winnipeg Chamber of Commerce on the controversial company and their app, which allows people to track their taxi drivers in real time, pay in advance, rate their drivers and see their fees before they get to their destination.

While Uber is not in Winnipeg, the company is in Toronto, Ottawa and several other Canadian cities. In each city, the company has shaken up the local taxi scene, with drivers saying their livelihoods are on the line.

The province has already said they will not allow Manitoba Public Insurance to insure Uber drivers.

But that doesn't mean the local taxi industry isn't nervous — they've launched their own app and came together to form their own lobby group, called Trusted Transit, to improve their image.

The majority of Winnipeggers, especially young people, want the ride service in the city.

"Last month, a local online poll found 60 per cent of Winnipeggers (including 76 per cent of those aged 18-34, a.k.a. the Millennial generation) support permitting Uber to establish itself in our city," said Loren Remillard, executive vice-president of the WCC in a blog post. Remillard added the fact that Winnipeg has the second fewest taxi cabs per capita in Canada and high taxi licence transfer value, setting the stage for elevated fares.

Schafer's talk will be broadcast on the WCC's Periscope feed from noon to 1 p.m. on Wednesday. People using the app will be able to ask questions in real time.

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metro NEWS

Your essential daily news

The impact of federal parties' promises on voters' wallets **Business**

POLICE OFFICERS REMEMBER FALLEN K9 COLLEAGUE
Winnipeg police are mourning the death of police service dog Riley, badge No. 52, who recently died of cancer. Riley was trained in narcotic detection and was assigned to the tactical support team. He was born through the WPS in-house breeding program and was raised by his partner, Jeff Katcher, from the age of 12 weeks. Riley was five years old. COURTESY WPS

IN BRIEF

Suspect faces murder charge after woman found on street dies from injuries

A man arrested after an attack on a Winnipeg woman faces a murder charge now that she has died of her injuries.

Selena Rose Keeper, 20, was found on a city street on Thursday by officers and emergency crews.

Police say Keeper and a man had gone to a residence on Flora Avenue, where she was assaulted in the upper body. Witnesses tried to intervene, but the assault continued and Keeper was left unconscious outside.

Ray William Everett, 20, is charged with second-degree murder.

THE CANADIAN PRESS

Mussels will change lake, not destroy it

CONSERVATION

Province says species will cause shifts in the ecosystem

Dave Baxter
Metro | Winnipeg

The province said they don't agree with one scientist's dire prediction of what a zebra mussel infestation will ultimately do to Lake Winnipeg, and they are going to do whatever they can to fight the invasive species and prevent it from spreading.

"Stopping the spread is something ... we still have within our power," said Conservation Minister Tom Nevakshonoff.

University of Winnipeg professor Dr. Eva Pip recently told a number of local media outlets that the zebra mussel situation in Lake Winnipeg could lead to a collapse of the lake's ecosystem.

"I would never say that Lake Winnipeg is a write-off," said Nevakshonoff. "There will be a change to the lake obviously.

"Humankind reacts to these kinds of challenges and adapts."

Dr. Jeff Long, the province's manager of fisheries science also would not agree with Pip's assessment that Lake Winnipeg's ecosystem is going to collapse, saying only there will be "ecological changes."

He also said people should not take one scientist's words as a way to gauge the scope of the problem.

"You should ask many scientists. You don't just ask me; Don't just ask any other scientists. Get a weight of evidence.

"We can estimate. That's different than prediction."

Dr. Jeff Long, the province's manager of fisheries science and culture, disagrees with recent findings and says the public must be better informed by scientists. DAVE BAXTER/METRO

> **Stopping the spread is something we still have within our power.**
> Tom Nevakshonoff

Long said there will be changes to Lake Winnipeg's ecosystem that could lead to things like fewer or smaller fish, but could also lead to new species.

"There will be ecological shifts. It's not my professional opinion or personal opinion to say that's catastrophic or not.

"That means there's a change."

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City to host crisis groups, agencies under one roof

REFUGEES

Open house to be a chance to connect people with services

Dave Baxter
Metro | Winnipeg

An upcoming open house hosted by the city will help Winnipeggers support Syrians fleeing war and terror overseas.

The Syrian Refugee Resettlement Open House will see a number of local non-profit groups involved in the Syrian refugee resettlement and government agencies come together under one roof.

Coun. Brian Mayes is helping organize the event, and said it's all about getting as much information as possible out to people about what they can do to help and how to get started.

"It's meant to be information sharing to let individuals or groups know how to work through this, and how to get going on potentially sponsoring Syrian refugees," said Mayes.

People who come to the open house can learn about things like the financial commitment, or the paperwork involved with sponsoring refugees.

"And we will have the people there that are the experts," said Mayes.

Mayes said many Winnipeggers want to help, but don't know where to start or what steps to take.

"We're trying to just put people in touch with the groups that know what they are doing on this," said Mayes.

"It's meant to get the experts in the field out there talking to the public."

People line up outside a reception centre for migrants and refugees in Opatovac, Croatia. The International Organization for Migration says it has seen a sharp increase in the number of Syrians landing on Greece's eastern islands over the past week, with around 7,000 people arriving every day. DARKO VOJINOVIC/THE ASSOCIATED PRESS

> **It's meant to be information-sharing.**
> Coun. Brian Mayes

The open house will also feature guest speakers including one woman who is a refugee from Syria.

The open house takes place Oct. 20 from 7 p.m. to 9 p.m. in the Carol Shields Auditorium at the Millennium Library in downtown Winnipeg.

Mayes said Mayor Brian Bowman asked him to help with organizing the open house, but he said it is Bowman that deserves much of the credit for creating the event.

THE PEOPLE THERE TO HELP

Groups participating in the Syrian Refugee Resettlement Open House:

- Canadian Red Cross
- Mennonite Central Committee of Manitoba
- Society for Manitobans with Disabilities
- Welcome Place (MB Interfaith Immigration Council)
- Immigrant Women's Counselling Services
- New Journey Housing
- Newcomers Employment and Education Development Services
- Syrian Assembly of Manitoba

HEAD-ON COLLISION

1 dead, 1 critical after crash

Elisha Dacey
Metro | Winnipeg

RCMP say they had to back off a high-speed chase before an alleged drunk driver smashed into another car Friday night.

Police said they were called about a possible drunk driver at about 11 p.m. and caught up to the suspect car at a gas station in St. Claude. Officers tried to stop the man behind the wheel from driving off, but he rocketed out of the station parking lot.

RCMP said they gave chase but had to stop once the car reached excessive speeds.

Taylor Renwick

The car continued to speed through the night until the incident ended just east of St. Claude on Highway 2 when the car slammed into another vehicle.

The driver of the vehicle, a 20-year-old woman from Napinga, Man., died at the scene.

Friends identified the woman as Taylor Renwick. They described her as a hockey- and sports-loving young woman who loved only her sisters, family and dog, Kosmo, more.

The suspect driver, a 27-year-old man from Winnipeg, was airlifted to hospital and is in critical condition.

Because RCMP were involved in the chase, the Independent Investigation Unit of Manitoba has been notified, although RCMP remain the lead for possible criminal charges.

No other information has been released.

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Teen shares pumpkin secrets

AGRICULTURE

Gourd-growing phenom will speak at a future seminar

Shane Gibson
Metro | Winnipeg

It'll be hard for anyone in Winnipeg to top the jack-o-lantern that will decorate the Lukes family's St. Norbert home this Halloween.

That's because Milan Lukes — son of South Winnipeg-St. Norbert Coun. Janice Lukes — is really, really, really good at growing giant pumpkins.

After spending two to three hours a day everyday this summer working on two enormous pumpkins in his backyard garden Milan walked away with first and second prize at the provincial championships held for giant pumpkin growing in Roland, Man., Oct. 3.

His winning entry tipped the scales at 1,348 lbs. — just 31 lbs. shy of the all-time provincial record — and his second place finisher weighed in at 1,283 lbs., more than 250 lbs. heavier than his closest competitor.

At 13 years old, Milan is also the province's youngest-ever giant pumpkin champion.

"I've been fascinated with pumpkins ever since I was six," said Milan, who told Metro he wanted to try his hand at giant pumpkins after growing a regular-sized one seven years ago that grew to be as big as him.

"It was nothing because I was so small at the time but as the years went by the pumpkin looked smaller and it was because I was getting bigger so I thought I'd try to get the pumpkin to be the same size as me again."

Milan isn't the sort of kid who goes halfway. He researched techniques online, read books, and met with a group of older giant pumpkin growers before setting out to grow the biggest Atlantic Giant pumpkin he could three years ago.

"It's not like water, fertilizer and you get a pumpkin, no, no, no," he explained excitedly. "I did genetics … there's soil tests, pruning, putting sand on the pumpkins so they don't rot, elevating the vines… I can talk forever about it."

Milan is set to share everything he's learned at a giant pumpkin growing seminar and seed swap and sale planned for the St. Norbert Community Centre next April.

He'll be the youngest presenter the annual event has ever had, according to his mom Janice, who is helping to organize it.

"He's been getting emails like you wouldn't believe," she said. "All these places are calling and they want him to bring his giant pumpkins, I don't think people get it — you don't just throw them in the back of the car and drive them somewhere."

The pumpkins were on display at the St. Norbert Farmers' Market over the weekend.

So what are the Lukes going to do with their giant pumpkins? Milan says they're edible, but not very tasty because they're mostly made of water, so the family plans to carve them into jack-o-lanterns and leave them in the front yard for deer to eat over the winter.

As for next year, Milan said he'll be growing again using seeds from this year's crop of championship pumpkins.

Milan Lukes, 13, with his two provincial prize-winning giant pumpkins that he grew over the summer. They won first and second place respectively at a recent growing competition. HO

TRANSPORTING

Milan Lukes needed a Bobcat and a specially designed sling to lift the pumpkins out of his garden and then used a custom-built pallet on a flat-bed truck to get them out to the competition.

30-40

Luke's pumpkins grew between 30 and 40 pounds a day from mid-June to early October.

TELEPHONE TOWN HALL MEETINGS

Share Your Ideas

Help us plan the next provincial budget

Finance Minister Greg Dewar wants to know what you think are the challenges and opportunities facing Manitoba families. He will be hosting two telephone town hall meetings where you can ask questions and voice your opinion on this year's budget priorities.

Make yourself heard

The two one-hour meetings will take place on the following dates:

Winnipeg Town Hall	Thursday, October 22 7:00 p.m. to 8:00 p.m.
Rural Manitoba Town Hall	Friday, October 23 7:00 p.m. to 8:00 p.m.

Register by October 19

To register for one of these meetings or to complete the online survey, please visit **Manitoba.ca**

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FRONT AND CENTRE CAMPAIGN

Province giving $150M to U of M

The Manitoba government says it is donating $150 million toward the University of Manitoba's Front and Centre Campaign.

Premier Greg Selinger made the announcement at the university's Engineering and Information Technology Centre in front of cheering students, staff and faculty.

Selinger says the government knows that students want to have access to the best programming and opportunities they can.

He says that's why they're focusing their investments in key priorities areas like innovation, inclusion and teaching excellence.

The Front and Centre campaign is targeting several priorities at the university including new classrooms, improving student support and Indigenous studies.

The university has so far raised more than $365 million, bringing them closer to their goal of $500 million.

"This support from the government of Manitoba is a visionary investment in the future of this province," said Dr. David Barnard, the university's president.

"This strategic funding will benefit all Manitobans and those in the generations to come, educating a new generation of people who will help transform our community."

THE CANADIAN PRESS

"This strategic funding will benefit all Manitobans and those in the generations to come, educating a new generation of people who will help transform our community.

Dr. David Barnard, University of Manitoba's president

CRIME

Woman arrested for double stabbing

A Winnipeg woman is in custody after a double stabbing in Winnipeg's downtown.

Police said the woman, 38, went to her ex-boyfriends apartment on Kennedy Street at about 6:20 p.m. on Friday. Once there, the woman got into an argument with her ex, 55, and his new girlfriend, 32.

Police said the woman took out a knife and stabbed both several times, then ran away.

The pair were taken to hospital in critical condition and have both stabilized.

The suspect was found in the 600 block of Spence Street a few hours later.

Marilyn Eleanor Edwards has been charged with two counts of attempted murder and possession of a weapon. She remains in custody.

METRO

Dodgeball Winnipeg is looking for players for a draft league starting in November and a team league in January. CONTRIBUTED

Winnipeg's newest team having a ball

RECREATION

New league will follow international dodgeball rules

Shane Gibson
Metro | Winnipeg

Dodgeball in Winnipeg just got a little more serious.

The game many remember from their elementary school gym class is becoming increasingly popular with big kids, and one local dodgeballer who's played in the Winnipeg Rec League for the last few years is branching out and starting a new league, one he says will follow international rules.

Yes, there's international rules for adult dodgeball, says Stacy Huen, 26.

"I got to try the WDBF rules and I found that they're just so much more fun to play with," Huen told Metro, explaining WDBF stands for the World Dodgeball Federation, the sport's Toronto-based international governing body that's been setting the standard for dodgeball rules since 2011. "A lot of the world rules are a little more intuitive."

$395

The cost for a team to register is $395. For more information on the league or to sign up to play, go to dodgeballwinnipeg.com

The league, called Dodgeball Winnipeg, will use foam rubber balls that are the proper WDBF size (seven inches in diameter), rather than the eight inch diameter balls currently used in the rec league.

That makes them easier to grip and easier to whip.

The new league will also follow international rules that allow a player to hold as many balls as they can carry, rather than the rec league rules that allow just one ball at a time.

But the most important difference, according to Huen, is his league will have official trained referees officiating at every game.

"The biggest reason we wanted to start a league of our own is because they're getting frustrated by all the arguments," he said.

"They watch the game and if they see someone is out they'll call it immediately, they'll enforce line rules, and basically just prevents arguments."

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Moderator Laura Payton, left, and panellists Alejandra Bravo, Katherine Hensel, Kate Mcinturff and Angela Robertson participate in Up For Debate, a forum on women's issues held in Toronto on Sept. 21. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Saying 'women's issues' needs to go

ROSEMARY WESTWOOD
Metro

If there's one thing every woman can agree on, it's a distaste for the term "women's issues."

The phrase has all the modernity of a knitted doily.

But it has been used over and over again in this election — by politicians, by activists and by ordinary women heading to the polls.

One of the most surprising things about talking to young voters these past few weeks is how often I heard that phrase. From a university student in Alberta, from a small-business owner in Ottawa, from women who I expected would emphasize other things, job prospects in the case of the former, or tax policy in the later.

Instead, almost every woman in my small sample size told me "women's issues" was top of their voting list.

Then, most of them told me how much they hate this term. Regardless of their political affiliations, their reasons are the same: Why segregate things important to half of Canadians into some kind of niche market? Why mischaracterize family issues, like child care, as belonging somehow only to women?

The answer has to be: we're stuck.

We're stuck somewhere in between the old sexist construction of society, and some new place of equality.

One very articulate and persuasive young woman told me structural sexism in Canada has all but disappeared, but I can't agree.

"Women's issues" is an ill-named talking point in this election precisely because, though it feels sometimes that we live in an equal society, statistically, we do not.

I won't repeat all the numbers. You can look up data on the pay gap, gender ratios in government and business leadership, violence against women, and access to housing.

You can learn about the racial implications of all of the above.

Of course, those who would argue that we don't need to advocate for women have a point: Things are different these days.

And if I only looked at my own life, which has been blessed in a multitude of ways, I would probably agree that women and men are treated equally. (I found out otherwise only after telling one feminist professor in university that "feminism is dead")

Many things keep me hopeful. A women-only surfing competition in Tofino. Feminist-themed ads for Ronda Rousey's next UCF fight. Take also this conversation among pre-teens gushing about their future on a streetcar, as overheard by a friend.

"I'm going to do good in high school, and go to the University of Guelph, and then work in a lab so I can pay for my dorm!"

"I'm going to have a house with TWO cars!"

"I'm going to go to college and have four dogs!"

"I'm going to live in MIAMI!"

Still, like other women I've talked to ahead of this election, I would vote on a "women's issues" ticket if I could.

But no party is offering it. Some have nodded in its direction while forming their main message around your money (Liberals and NDP), some have ignored it altogether (Conservatives). Elizabeth May is (unsurprisingly) by far the most impassioned, articulate and committed to addressing inequality, but she runs a party created to respond to environmental issues, and she will not be our next prime minister.

Even the laudable Up For Debate effort, which saw every leader but Harper interviewed on women's issues, will hardly change the election outcome.

For it to do that, we'd have to stop using the phrase "women's issues" altogether. We'd have to see gender inequality as a generally Canadian problem.

The usefulness of such an antiquated phrase proves that we need to work harder to make it obsolete.

If we don't find a new way of talking about it, the next election will be no different.

QUICK GUIDE: 'WOMEN'S ISSUES'

Here's a breakdown of campaign promises and legislative measures from the **NDP**, **Liberals** and **Conservatives**.

CHILD CARE	ECONOMIC EQUALITY	VIOLENCE AGAINST WOMEN
NDP: • Would honour Universal Child Care Benefit. • Would create $15-a-day national child care program. • Would create a million child-care spaces.	**NDP:** • Would introduce a 50% female quota for boards of federal organizations. • Introduced a bill that resulted in removal of tax on feminine hygiene products.	**NDP:** • Would invest $40 million over four years to restore cuts to women's shelters. • Called for a national inquiry into murdered and missing aboriginal women.
Liberals: • Would introduce a tax-free monthly Canada Child Benefit for families with children and annual income below $150,000.	**Liberals:** • No legislation or campaign promises	**Liberals:** • Called for a national inquiry into murdered and missing aboriginal women.
Conservatives: • Increased Universal Child Care Benefit to $160; added monthly benefit of $60 for children age six to 17. • Introduced "income splitting" for couples.	**Conservatives:** • No legislation or campaign promises	**Conservatives:** • Pledged to combat crimes against women via strict enforcement and stiff prison sentences.

CAMPAIGN MOMENTS

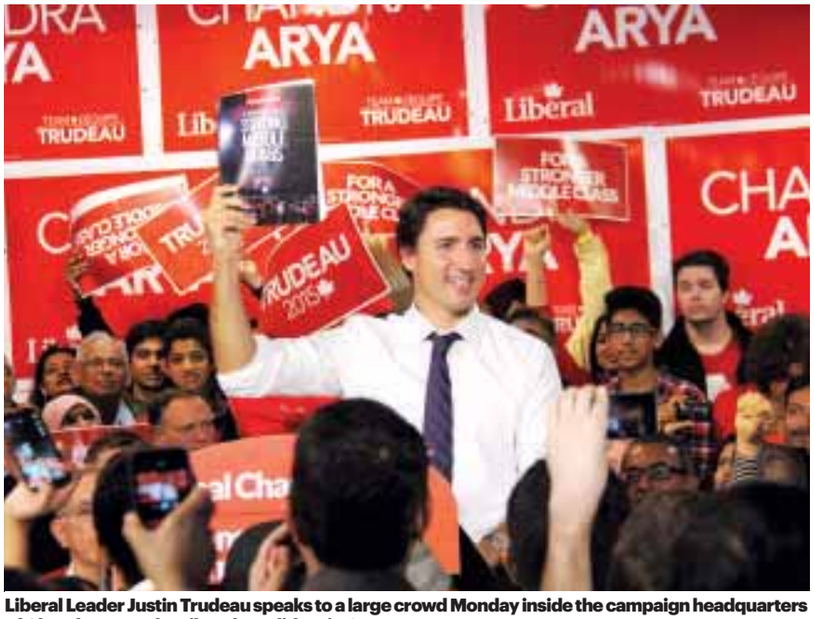
A little selfie-indulgence

Liberal Leader Justin Trudeau poses for a photo with a supporter in Ottawa on Monday; meanwhile, NDP Leader Tom Mulcair gets in on a group selfie in Maple Ridge, B.C. Whose turned out better? That's for the Instagram commenters to decide.

PAUL CHIASSON/THE CANADIAN PRESS; RYAN REMIORZ/THE CANADIAN PRESS

LATEST POLL LIB 37% CON 31% NDP 23%

Source: Forum/Toronto Star



Liberal Leader Justin Trudeau speaks to a large crowd Monday inside the campaign headquarters of Chandra Arya, the Liberal candidate in Ottawa. JOE LOFARO/METRO

Trudeau fires back at Tories

ELECTION 2015

Liberals go for middle class with promises of tax cuts

Joe Lofaro
Metro | Ottawa

It might be a marathon election, but the top three party leaders are showing no signs of slowing down in the final week on the campaign trail.

Liberal leader Justin Trudeau drew a raucous crowd of about 300 supporters to Barrhaven on Thanksgiving Monday, a day when most people take the day to recover from their food coma.

That wasn't the case for the hundreds of people who lined the sidewalk to get inside campaign headquarters for Chandra Arya, the Liberal candidate in the hotly contested riding of Nepean.

The new riding will be one to watch after Tory incumbent Pierre Poilievre's name will not be on the ballot for the first time in more than a decade.

He's running in nearby Carleton, leaving Nepean up for grabs for fresh faces.

The Liberals and Conservatives are neck-and-neck in the riding, according to a poll conducted for Postmedia released last week.

Trudeau's visit wasn't only a significant show of force; it could give Arya, a former high-tech executive, banker and engineer, a leg up in the close race.

"He's an incredibly strong part of a great Liberal team right across Ottawa, right across the country that are going to make real change happen," Trudeau said of Arya to a loud round of applause from the crowd.

His speech spoke to the middle class voter, with a promise to introduce a tax cut for the middle class and a child benefit if elected on Oct. 19.

"Unlike Stephen Harper's tax credits, you won't have to wait to get your money. You will see more money on your paycheque right away," said Trudeau.

Meanwhile, Conservative leader Stephen Harper took direct aim at Trudeau Monday in Waterloo, with a game-show style attack on tax credits he said the Liberal leader would eliminate.

"For some families, that could be a Liberal tax hike of up to $2,000 a year," said Harper.

"These are real benefits. Only the Conservative party in this election is committed to keeping these dollars where they belong — in the pockets of hard working Canadians."

But Trudeau fired back at the Conservative leader, saying he wouldn't be clawing back any of the boutique tax credits for families that Harper was warning about.

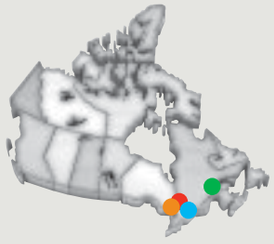
"It highlights that we have a Prime Minister right now who is busy misleading Canadians with untruths," said Trudeau.

"I'm going to let my opponents continue to focus on me.

"I'm staying focused on Canadians."

WITH FILES FROM THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Toronto and London.
- **Justin Trudeau** will be in Toronto, Kitchener and Mannheim.
- **Tom Mulcair** will be in Oshawa, Toronto and Brampton.
- **Elizabeth May** will be in Nanaimo.

Mohamed Fahmy back in Canada

TORONTO

Released from Egyptian prison last month

A Canadian journalist who was released from prison in Egypt last month has returned home.

Mohamed Fahmy, a former Al-Jazeera journalist detained on terror-related charges, arrived in Toronto on Sunday.

"Happy Thanksgiving Canada! Walking the streets of Toronto with my wife is a truly liberating feeling! We feel safe, free, & at home! #Love," he said Monday on Twitter.

His arrival ends his nearly two-year ordeal in a case that raised questions about Egypt's commitment to free speech.

Fahmy was arrested in 2013 with two Al-Jazeera English colleagues. He was sentenced to three years in prison in a retrial this year for airing what a court described as "false news" and coverage biased in favour of the now-banned Muslim Brotherhood.

The case was widely condemned. He and his Egyptian co-defendant, Baher Mohammed, received a presidential pardon last month. The other colleague, Australian Peter Greste, was previously released.

Fahmy left Cairo last week after learning his name had been removed from a no-fly list. He stopped first in London, where he was to meet with his high-profile lawyer Amal Clooney.

Fahmy is scheduled to attend a press conference hosted by Canadian Journalists for Free Expression at Ryerson University on Tuesday.

He has said he plans to take up a position as an adjunct professor at the University of British Columbia's school of journalism in Vancouver. He is also writing a book about his experiences.

THE CANADIAN PRESS

Former Al Jazeera bureau chief Mohamed Fahmy during a talk at the Frontline Club in London, Wednesday Oct. 7.

TIM IRELAND/THE ASSOCIATED PRESS

MARS ONE

Contestants welcome news of running water

Members of the space community are excited about NASA's recent announcement that Mars appears to have flowing water, while two Canadians who hope to take a one-way trip to the red planet say it increases the chances of human beings surviving the harsh environment.

Johanna Hindle, a British Columbia high-school teacher, is one of six Canadians who remain in the running in the plan by Mars One, a Dutch-based organization, to establish a colony on Mars by 2027.

> **Anything that increases the chances of ... human beings being able to find helpful products on Mars is good for us.**
>
> Johanna Hindle

The Canadians are among 100 finalists from around the world on the Mars One short list. Hindle says they will be whittled down to 24 in September 2016.

In the meantime, the news that Mars has liquid water has brought a smile to her face.

"Running water is a bit of a hopeful way of putting it. I heard it's briny sludge, which I thought was a really good description of what's happening up there," Hindle said in an interview.

But nothing has made her change her mind about taking the no-return trip.

"I know the dangers are unimaginable and the challenges are out of this world, but the opportunity to do this; I've yet come across anything that would shake that in me," she said.

The president of the Canadian Space Society also welcomed the liquid-water announcement, saying it would, hopefully, allow the success of some future colony or establishment on Mars.

Scientists confirmed the existence of frozen water on Mars in 2008.

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Hundreds march in Turkey to condemn bomb attack

ISTANBUL

Nearly 100 protesters killed at rally on Saturday

Hundreds of people marched through Istanbul and the Turkish capital of Ankara on Monday to condemn the slaughter by suicide bombers at a weekend peace rally, with many venting their anger at the Turkish government itself.

Some demonstrators chanted: "The killer state will be held to account!"

Prime Minister Ahmet Davutoglu, however, rejected accusations by opponents that the government was to blame for the nearly simultaneous attacks Saturday, calling them "dangerous" and "dastardly."

He also denied that they were a result of Turkey's involvement in war in Syria and that the government was dragging the country into the Middle Eastern quagmire. The government believes two male suicide bombers killed at least 97 people and wounded hundreds at a rally Saturday in Ankara by opposition supporters and Kurdish activists.

Protesters in Istanbul stand by a barricade they set on fire during clashes with security forces Monday, following a protest against Saturday's Ankara attacks. CAGDAS ERDOGAN/THE ASSOCIATED PRESS

"These attacks won't turn Turkey into a Syria," Davutoglu said.

Government opponents have also accused President Recep Tayyip Erdogan of fomenting violence and ethnic tensions to gain votes for the ruling party in Turkey's Nov. 1 election — an accusation that the Turkish leader rejects.

In the last election in June, a Kurdish party gained support from voters, taking away the ruling party's majority in Parliament — and Erdogan wants that majority back.

Turkish investigators were close to identifying one of the two suicide bombers, the prime minister said Monday, adding that the Islamic State of Iraq and the Levant was the "No. 1 priority" of its investigation.

The rally Saturday was organized by Turkish and Kurdish activists to call for increased democracy and an end to the renewed fighting between Turkey's security forces and Kurdish rebels that has killed hundreds of soldiers, rebels and citizens since July.

THE ASSOCIATED PRESS

IN BRIEF

Trio arrested in Oregon sent back to California

Three transients accused of robbing and killing a Canadian backpacker and a yoga instructor with a stolen gun days apart have been sent back to California from Oregon, where they were arrested. Authorities say Sean Michael Angold, Morrison Haze Lampley and Lila Scott Alligood killed a 23-year-old backpacker in San Francisco's Golden Gate Park on Oct. 3 and then shot to death a 67-year-old tantra yoga teacher, whose body was on a trail north of the city.

THE ASSOCIATED PRESS

Mob kills village mayor

A mob killed a village mayor in western Guatemala in reprisal for an attack on a political rival that resulted in the death of two teenage girls, authorities said Monday.

Prosecutors' office spokeswoman Julia Barrera confirmed the death of 43-year-old Mayor Bacilio Juracan of Concepcion, a town about 180 kilometres west of Guatemala City.

THE ASSOCIATED PRESS

WIKILEAKS INVESTIGATION

Chelsea Manning sues FBI over access

Imprisoned national-security leaker Chelsea Manning is suing the Federal Bureau of Investigation over access to files compiled during the agency's inquiry into her release of classified documents to the WikiLeaks website.

Lawyers representing the Army private formerly known as Bradley Manning filed the lawsuit last week in the U.S. district court in Washington. The FBI denied Manning's 2014 request to release the records under the Freedom of Information Act, claiming they may be relevant to a pending or prospective law-enforcement proceeding.

Manning argues that her 2013 court martial should render that exemption moot, since any further prosecution of her in federal court would constitute double jeopardy, barred by the Constitution.

THE ASSOCIATED PRESS

ISRAEL

Amid stabbings, Prime Minister accuses Arab lawmakers of inciting violence

Palestinians carried out three stabbings Monday in Jerusalem, leaving a teenage Israeli boy in critical condition, and Prime Minister Benjamin Netanyahu angrily accused the country's Arab leaders of helping incite weeks of violence. Two of the attackers, both teenage boys, were killed.

In a fiery speech at parliament, Netanyahu accused Arab parties of "undermining" the country. He called on Israel's Arab citizens to "kick out the extremists among you."

Netanyahu spoke on another bloody day, the latest in a monthlong wave of Israeli-Palestinian violence.

In a new setback for efforts to restore calm, the Quartet of Mideast mediators — the U.S., the UN, the European Union and Russia — postponed a trip to the region.

Edgar Vasquez, a spokesman for the State Department's Bureau of Near East Affairs, said it was at the request of the Israeli government due to the circumstances.

Israeli police reported three separate stabbings across the city, including an assault by two attackers in the east Jerusalem area of Pisgat Zeev. Police said the pair seriously wounded a 20-year-old man before attacking a teenage boy on a bicycle.

The boy was critically wounded before police shot and killed one of the attackers, while the second was run over by a car. Abdel Nasser Manasra, a relative of Ahmed, 13, and Hassan, 15, said both were cousins. He did not know which had been killed.

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Prince Turki al-Faisal says oversight of the annual pilgrimage is "a matter of sovereignty." KAMRAN JEBREILI/THE ASSOCIATED PRESS

Saudi royals say they'll keep managing the hajj

MIDDLE EAST

King Salman calls Iranian comments irresponsible

Saudi Arabia's King Salman said Monday that "irresponsible comments" and criticism of the kingdom's management of the hajj will not affect his country's oversight of the annual Islamic pilgrimage.

It was the king's first official response to denunciations by regional rival Iran, which has questioned Saudi Arabia's custodianship of the hajj following a deadly crush Sept. 24 that killed at least 1,480 pilgrims, according to an Associated Press count based on official statements from nations whose citizens died.

Iran's death toll of 465 is the highest announced by any country thus far. Egypt's Foreign Ministry on Monday said the death toll among Egyptians has climbed to 181, with 53 still missing.

Immediately after the disaster, Iran's leaders accused Saudi Arabia Sunni rulers of mismanagement and ineptitude, and top Shiite clerics and lawmakers are calling on the Organization of Islamic Cooperation to manage the hajj.

769

Number of pilgrims Saudi Arabia's health ministry has said were killed in this year's hajj disaster.

In an apparent reference to those comments, Salman said the kingdom "will not allow any hidden hands" to politicize the tragedy and divide Muslims.

"Irresponsible comments that aim to take political advantage of this incident, and cause dissension and division in the Muslim world, will not affect the role of Saudi Arabia and its great duty and responsibilities in the service of pilgrims" the king said in remarks carried by the official Saudi Press Agency.

The king delivered his remarks during a Cabinet session in the capital Riyadh.

Salman stressed that Saudi Arabia has been honoured by God to serve Islam's holy sites in Mecca and Medina, and is dedicated to ensuring the comfort and safety of pilgrims, who are commonly referred to by the kingdom as "guests of God."

THE ASSOCIATED PRESS

MIDDLE EAST

Putin winning praise in Iraq and Syria

Amid the ornate walls of Damascus' famed Omayyad Mosque, preacher Maamoun Rahmeh stood before worshippers last week, declaring Russian President Vladimir Putin a "giant and beloved leader" who has "destroyed the myth of the self-aggrandizing America."

Posters of Putin are popping up on cars and billboards elsewhere in parts of Syria and Iraq, praising the Russian military intervention in Syria as one that will redress the balance of power in the region.

The Russian leader is winning accolades from many in Iraq and Syria, who see Russian airstrikes in Syria as a turning point after more than a year of largely ineffectual efforts by the U.S.-led coalition to dislodge Islamic State of Iraq and the Levant (ISIL) militants who have occupied significant parts of the two countries.

The reactions underscore that while the West may criticize Putin for supporting Syrian President Bashar Assad, there is some relief in the region at the emergence of a player with a coherent — if controversial — strategy.

"Putin does more than just speak," said Sohban Elewi of Damascus, summing up the views of Syrians on opposing camps who regard U.S. policy in Syria and Iraq as fumbled and confused.

Russia began its air campaign in Syria on Sept. 30, joining the fray of those bombing Syria at a critical time for Assad and his embattled troops. The Syrian army's loss of the northern province of Idlib opened the way for rebels to come dangerously close to the coastal Alawite heartland, leaving his soldiers there vulnerable and dejected.

Russia insists it is targeting ISIL and other "terrorists." But Syrian rebels and opposition activists say Moscow's warplanes in recent days have focused on Idlib and the central province of Hama, hitting U.S.-backed rebels in areas with no ISIL militants.

The planes also have provided air cover for Syrian ground troops who launched an offensive in central Syria.

THE ASSOCIATED PRESS

Turkana people wait in a line to receive food from Oxfam in Kenya in August 2011. TOBIN JONES/THE ASSOCIATED PRESS

Great famines vanish: report

HUNGER

Call for end to restrictions placed on aid

Calamitous famines appear to have vanished from the planet, but more must be done to eradicate all such scourges, including redrafting U.S. terror laws inhibiting life-saving humanitarian work, says a new report published Monday.

The study, part of the 2015 Global Hunger Index, says it's one of the "unheralded achievements" of the past 50 years: the elimination of famines that cause more than 1 million deaths, and reduction "almost to a vanishing point" of great famines, which cause more than 100,000 deaths.

"The trends are striking," said author Alex de Waal, executive director of World Peace Foundation at Tufts University.

Until the middle of the 20th century, millions died of famine every decade — from 27 million in 1900-09 and more than 15 million in the 1920s, 1940s, 1950s and 1960s to a low of 1.4 million in the 1990s. So far this century, the death toll is near 600,000.

600,000

The famine death toll over the last century. The eradication of famines causing more that 1 million deaths is the one of the "unheralded achievements of the past 50 years."
2015 GLOBAL HUNGER INDEX

In a telephone interview with The Associated Press, de Waal attributed the progress to the end of colonialism, total war and leaders responsible for "gargantuan amounts of deaths" like Russia's Stalin and China's Mao.

"The message from my study is that in order to eradicate famine, the last bit (of work) is to do with conflict resolution and lifting those restrictions on humanitarian action," de Waal said.

He singled out U.S. laws criminalizing support for terrorist organizations that he said inhibit humanitarian aid.

He added that they caused life-costing delays as humanitarian agencies hesitated to help in Somalia in 2011.

"It is not helpful to the cause of countering extremism if the U.S. is saying don't help while children are starving to death," de Waal said.

The last calamitous famine was in Ethiopia in 1983-85 and though Africa is sometimes stigmatized as the poster child of such scourges, de Waal said the continent has suffered the fewest great famines, and only two calamitous famines in the past century, the other being the Nigerian famine in 1967-70. THE ASSOCIATED PRESS

HEALTH

Dissolving heart stent passes first test

A new type of heart stent that works like dissolving stitches, slowly going away after it has done its job, passed its first major test in a large study, doctors said Monday.

Abbott Vascular's dissolving Absorb stent performed as well as a conventional stent in the one-year study, but the fact it did not prove superior led some experts to be wary.

Still, the results on this and other novel stents currently in testing are fueling hope for a new generation of these devices, used on about 850,000 heart disease patients each year in the United States alone.

Stents are tiny mesh cages that keep blood vessels from reclogging after an artery-opening angioplasty procedure. The ones available in the U.S. are permanent implants made of metal, while the Absorb stent, already sold in Europe, is made of a degradable material that's designed to stay intact, release medicine for a year, then break down over the next two years.

"It holds the artery open long enough for the artery to heal," then completely goes away, said study leader, Dr. Dean Kereiakes of Christ Heart and Vascular Center in Cincinnati. "It can return the artery to its normal, natural structure and function."

In the study, those with the dissolving stent did not prove better than those given a conventional Abbott stent.

The idea of a dissolving stent is attractive, but "promise alone is not enough to make us unconditionally embrace this technology," wrote Technical University of Munich's Dr. Robert A. Byrne, a paid speaker for some rival stent makers.

A longer study underway now "will go a long way toward determining whether this promise will become a reality," he said. THE ASSOCIATED PRESS

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Promises will affect personal finances

ELECTION 2015

Tax breaks, child care part of pledges on campaign trail

The three major parties have made promises that will affect Canadians' personal finances.

The Conservatives have focused on highly targeted tax breaks to select groups, especially homeowners and seniors, while the Liberals promise sweeping tax breaks for the middle class.

The New Democratic Party wants to boost the minimum wage and provide more affordable daycare.

Here's some of the promises:

All federal parties are wooing the electorate with vows that their policies will help keep more disposable income in Canadians' pockets. THE CANADIAN PRESS FILE

Home ownership:

Conservatives: say they will increase the amount that first-time home buyers can withdraw from RRSPs from $25,000 to $35,000 and introduce a permanent home-renovation tax credit for up to 15 per cent of renovations.

Liberals: want to remove GST on new capital investments in affordable rental housing and expand the Home Buyers' Plan to allow Canadians hit by sudden life changes to use RRSP funds to buy a house without a tax penalty.

NDP: aim to build 10,000 affordable housing units.

Personal taxes:

Conservatives: say they'd maintain tax brackets.

Liberals: say they'd cut the tax rate to 20.5 per cent, from 22 per cent, for incomes between $44,700 and $89,401. Would introduce a new tax bracket of 33 per cent for those earning more than $200,000.

NDP: pledge not to raise personal income taxes.

Tax Free Savings Accounts:

Conservatives: would keep the $10,000 increased annual contribution limit announced in the 2015 federal budget.

Liberals: would roll back the TFSA limit to its pre-budget level of $5,500 a year.

NDP: would roll back the TFSA limit to $5,500 a year.

Child care:

Conservatives: raised the amount for a child under six to $160 a month and introduced $60 a month for children between six and 17 years.

Liberals: promise to combine social assistance into a monthly cheque for all families with children with incomes below $150,000.

NDP: say they would introduce $15-a-day national child-care program.

Minimum wage:

Conservatives: voted against an NDP motion in 2014 to raise the federal minimum wage to $15.

Liberals: voted in favour of an NDP motion in 2014 to raise the federal minimum wage.

NDP: would reinstate the federal minimum wage and raise it to $15 an hour.

TORSTAR NEWS SERVICE

EMPLOYMENT

Millennials turn to franchises

Millennials with an entrepreneurial bent are choosing franchises as an opportunity to learn the fundamentals of business without having to reinvent the wheel.

Jose Miguel Aguila was just 24 when he opened his first Booster Juice location in a Toronto suburb as a franchisee. Now 27, he owns three.

Aguila said he wanted to put his accounting degree to work and get a taste of the business world with a proven concept.

Aguila said his family and friends, especially his fellow students, were surprised that he was taking such a big risk when he first announced his intention to buy a franchise.

He funded the $250,000 in start-up costs for his first outlet with a bank loan, which he says took a lot of convincing despite his solid business plan.

> **They see opportunities that their parents ... might not have realized were there ...**
>
> Lorraine McLachlan

"It was a very easy road for me to become an accountant with a good salary and job security," he said. "But I chose to do something that would give me a little bit more freedom and the opportunity to multiply my income."

Lorraine McLachlan, president of the Canadian Franchise Association, said entrepreneurial role models like Mark Zuckerberg give millennials more confidence in taking the first step.

"They see opportunities that their parents or Generation X might not have realized were there, and they're less afraid to try to go ahead," she said.

One of the hardest things for many entrepreneurs of any age is coming up with a great idea or product, she said, and buying into an existing idea can be much simpler.

Lawyer Tony Wilson, who wrote a book on buying a franchise in Canada, said investing "sweat equity" in a franchise business can be an alternative for young graduates facing a tough job market.

"To some extent, you're buying yourself a job," he said.

THE CANADIAN PRESS

IN BRIEF

Dell paying $67 billion for data-storage firm EMC

Dell is buying data-storage company EMC in a deal valued at approximately $67 billion US. Shareholders of EMC Corp. will receive about $33.15 US per share. Michael Dell will serve as chairman and CEO of the combined business.

THE ASSOCIATED PRESS

Five arrested in Air France union violence

French prosecutors say five people have been arrested in connection with an Air France union meeting brawl that left two executives shirtless. Union activists assaulted the managers, ripping off their shirts and prompting them to flee over a fence.

THE ASSOCIATED PRESS

metro VIEWS

A new experiment, one of many similar, has reaffirmed the cancer-promoting properties of some antioxidants — showing again how hard it is to detoxify an entrenched idea from the public's mind.

the big number

44.8%

Was the voter turnout rate on First Nations reserves in Canada during the 2011 federal election — compared to a still-lacklustre 61 per cent rate in the country at large. Activist Deanna Carpenter got involved organizing voter registration clinics in the riding of Kenora, Ont., which is home to 40 different indigenous groups, after she discovered many people who try to register to vote online with a rural, remote or on-reserve address get an error message. Carpenter worried the Fair Elections Act, with its stricter ID requirements, might make the low-turnout problem even worse for people who don't have a driver's licence and may need time to send away for other types of ID. Along with former NDP candidate Tania Cameron, she's part of a Rock the Vote campaign — based in Kenora, but capturing attention across the country — that aims to increase turnout in aboriginal communities by 20 per cent this time around. There's a long tradition of ambivalence and even resistance to voting in Inuit, First Nations and Métis communities, where many people identify primarily as citizens of their First Nation or have lost trust in a government system they feel has failed them. Until 1960, Canada's indigenous peoples were not even allowed to vote or become citizens unless they agreed to surrender certain rights — including the right to live with their community on a reserve. SOURCE: CBC

Daycare leads to a life of crime? Not so fast

Tara-Michelle Ziniuk
For Metro

Lock up your toddlers. New research will have you thinking that sending them to daycare will lead to a life of crime. At least in the case of low-cost universal daycare.

Last month, a report from the National Bureau of Economic Research made waves for linking youth crime rates with Quebec's daycare system. Currently, parents in Quebec can access daycare for $20 per day or less — the cheapest rates in the country. The study looked at all Quebec kids and compared them to kids in other provinces. The children from Quebec had academic success, but were unsuccessful in non-cognitive areas such as health, emotional stability and, most controversially, crime.

The link seems weak at best. As part of their federal election platform, the NDP is proposing making low-cost daycare available to families across the country, an idea that is being commended by child-care advocates and parents nationwide.

The report makes this provocative link between daycare and crime without explaining why it might exist, or making any suggestions for correcting it. Some point to the methodology as problematic: Only half of the Quebec children studied were even in the daycare program. Economist Stephen Gordon is quoted saying this makes sense as, "The families who made use of the daycare program were not randomly selected; they chose to participate."

Is this true, though? As a parent with a limited income, in Ontario, I, like many other parents in similar situations, took whichever daycare spot came through after being on waiting lists and waiting on a daycare subsidy. Not all spaces here are subsidized, and the ones that are aren't always at top-quality centres. Are parents who need low-cost daycare in Quebec in this position, too? Were the other half of Quebec families leaving their children with a stay-at-home parent or relative, private care, nannies? The study also fails to account for the reality that Quebec's system, though low-cost, isn't ideal. The province created a system it then didn't properly resource, then, in many cases, allowed for-profit private companies to take over care.

According to the Child-care Resource and Research Unit, for-profit daycare often lacks quality. "In order to find funds to ensure profits, profit-making operations are more likely to skimp on staffing, supplies, equipment and perhaps even food," the research institute wrote in a report.

We must consider that the research showing disappointing outcomes in Quebec could reflect the impact of the quality of care on crime rates, not the availability or cost of care.

Another report, from the Human Early Learning Partnership at the University of British Columbia, says studies maligning Quebec's daycare system contradict "nearly an entire generation of robust and consistent findings that demonstrate the positive effects of quality care on young children" and that "The 'findings' of increased aggression in children could just as easily be attributed to the children who were not enrolled in a child-care program."

If we give the benefit of the doubt to this latest study, then the take-away is that quality matters.

Tara-Michelle Ziniuk is a freelance writer and blogger for Today's Parent magazine.

metroview

Chris Hadfield is out of this world at selling kids on science

Catherine Little
For Metro

The call from the Canadian Space Agency was unexpected. It was our school board's turn to host an astronaut.

Chris Hadfield would be available and I was in charge of logistics. This was in the 2001-02 school year. Hadfield was an accomplished astronaut, but it was before his use of Twitter as commander of the International Space Station made him a superstar. To say there was enthusiasm would be an understatement. Within minutes of posting the opportunity, the fax machine was flooded with requests and both talks were full. And there was a waiting list.

As I confirmed with each school, there was a special request. The school for the deaf would provide someone to sign, but would it be OK for her to sit in the middle of the stage with a student opposite? She would sign for the whole class but one student was visually impaired and would need to be very close.

On the day of the talk, Hadfield walked into the office and introduced himself as simply Chris. He was friendly and approachable with everyone from the secretary who greeted him to the principal of the school and the principal's very young, star-struck son. All the students loved him. He sought out the school for the deaf to make sure they had what they needed. The extra people on stage didn't phase him at all. I hadn't seen students this enthusiastic about a speaker since the NBA had sent a certain Raptor and the accompanying Dance Pak to my junior high.

I have met other scientists and astronauts — the ones who inspire awe, something Metro's Rosemary Westwood values in a scientist, as she wrote last week. But some scientists inspire awe at the expense of relatability. They're great, but Hadfield, and others like him, are the kind we need more. Why? Science, technology, engineering and math (STEM). It is a rallying cry in education and government. It's what parents want to know how to turn their kids onto. The trouble is, until now the only picture many have had of a scientist is the geeky guy in a lab coat. Or worse, the socially inept theoretical physicists on a popular sitcom.

If we want more students in STEM, they have to identify with it. The journal Learning and Instruction just published a study that confirmed that children who did better in mathematics were the ones who believed they could.

Awe is great, but we're better off with the guy who comes off as accomplished but within reach. I want kids to think Hadfield plays guitar, likes sports, may or may not be a good cook and takes photos. And, "*If he can learn all that science and math, maybe I can too.*"

Catherine Little is a science and mathematics educator, consultant and writer.

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Helmets reduce odds of head injuries in cyclists by 58%, new study finds

Double shift for winger author

ON THE SAME PAGE

You can't take the Leaf out of Zach Hyman's Hockey Hero kids book

Melissa Dunne
For Metro Canada

Athletes aren't exactly known for their book smarts.

And hockey players, in particular, are often depicted in books, movies and the news as monosyllabic, black-eyed, gap-toothed goons.

Zachary Hyman slams those stereotypes up against the boards.

He's a hockey player in Toronto who isn't just hitting the ice with the pros this month — he's hitting the shelves with his second children's book Tuesday.

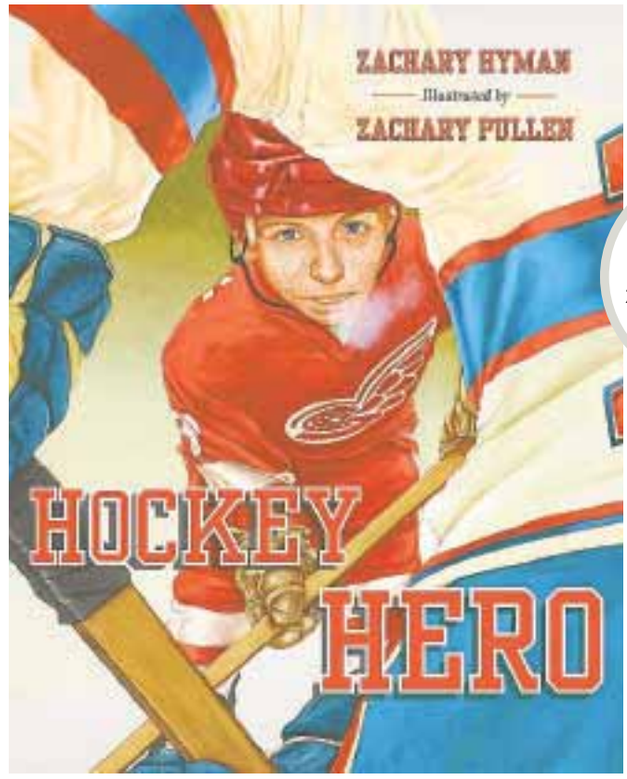
The 23-year-old was recently signed by the Toronto Maple Leafs, and he's also under contract to write two more books.

The athlete/author is confident he'll be able to stickhandle both writing and skating in the future. After all, he's found the pursuits of the body and the mind complement each other. He likes to write during his downtime as a way to relax and says the schedule of a hockey player can actually be helpful.

"In the off-season I have a lot of time on my hands," said Hyman by phone from Toronto earlier this month.

He's used that spare time off the ice very efficiently over the past few years. On top of writing his children's books, he recently earned an honours degree in history from the University of Michigan. While still a student at Michigan he published his debut book, The Bambino and Me.

His second effort, Hockey Hero, is once again illustrated by award-winning illustrator Zachary Pullen.



The book tells the tale of how Tommy Toomay, an eight-year-old with a stutter, eventually finds his "hockey chutzpah."

Hyman certainly has no shortage of chutzpah, going after his passions at full tilt all his life. His free time over the years has been filled with the books familiar to many young men of his generation, from the Harry Potter series to the Game of Thrones books to, yes, the Canadian classic The Hockey Sweater.

BRAINY BRAWN
On top of writing children's books, Leafs acquisition Zach Hyman recently earned an honours degree in history.

"I've always loved reading," said the millennial. "I also enjoy writing … it's an outlet."

While Hyman got sent down to the AHL's Marlies earlier this month, he's taking all the up and downs in stride (or should I say, glide).

Unlike some pro athletes Hyman clearly has brawn and brains. That's a combination that will surely continue to make him someone to be reckoned with on and off the ice.

> **I've always loved reading. I also enjoy writing … it's an outlet.**
> Pro hockey player and children's book author Zachary Hyman

WRITING FOR KIDS

Here are a few other athletes who've taken a swing at writing children's books over the years.

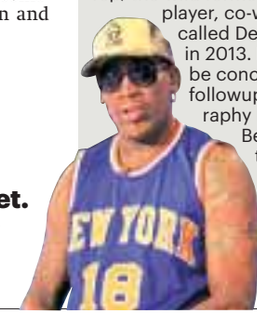
Derek Jeter

The retired New York Yankee now has his own publishing imprint and has already published two books aimed at middle-graders: The Contract and Hit & Miss. There are plans for many more books based on the shortstop's journey from gifted child to adult superstar.

R.A. Dickey

The Toronto Blue Jays pitcher published his anti-bullying picture book, Knuckleball Ned, last year. The famous ballplayer is also a famous bookworm, and says Ernest Hemingway's works helped him through a tough upbringing.

Dennis Rodman



Yep, the wild former Chicago Bulls player, co-wrote a kids book called Dennis the Wild Bull in 2013. Parents need not be concerned, this is not a followup to his autobiography Bad As I Wanna Be and apparently the brightly coloured kids book is dedicated to Rodman's real-life offspring. MELISSA DUNNE/FOR METRO

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Why elephants rarely get cancer

SCIENCE

New study says genes confer special protection

Despite their big size, elephants rarely get cancer, and scientists said last week they have discovered the secret to the creatures' special protection. It's in the genes.

Elephants have 38 additional modified copies of a gene that encodes p53, a compound that suppresses tumour formation.

Humans, on the other hand, have only two, according to the study in the Journal of the American Medical Association (JAMA).

This means that as elephants evolved, their bodies made many extra copies of a gene that prevents tumours from forming.

Elephants have been considered an enigma for years because they have far more cells than people, which would presumably place them at higher risk of cancer over their lifespans which can last 50-70 years.

And yet, the analysis of a large database of elephant deaths showed that less than five per cent of elephants die of cancer, compared to 11 to 25 per cent in people.

"By all logical reasoning, elephants should be developing a tremendous amount of cancer, and in fact, should be extinct by now due to such a high risk for cancer," said co-senior author Joshua Schiffman, pediatric oncologist at Huntsman Cancer Institute, University of Utah School of Medicine.

> **The main impact of this remarkable story is to bring into focus the question of why we are so uniquely predisposed to cancer ... and what we can do to change this.**
> Mel Greaves, Institute of Cancer Research

"We think that making more p53 is nature's way of keeping this species alive."

Elephants also come naturally equipped with a more aggressive internal mechanism for killing damaged cells that are at risk for becoming cancerous, researchers said.

"In isolated elephant cells, this activity is doubled compared to healthy human cells," said the study, which was co-authored by experts from Arizona State University and the Ringling Bros. Center for Elephant Conservation.

Researchers hope that their findings could one day lead to new cancer-fighting therapies in people.

But that day could be far off, according to Mel Greaves, director of the Centre for Evolution and Cancer at The Institute of Cancer Research, London.

"It is not immediately clear what lessons there are from this elephant tale for risk of cancer in humans," he said. AFP

With so many cells, it would stand to reason that elephants would get cancer frequently, but their genes prevent them from developing tumours. AFP

OBESITY

Bariatric surgery failure raises suicide risk: Study

Bariatric surgery is successful in significantly reducing weight for most people who undergo the procedure. But for a small proportion of patients, the operation fails to achieve hoped-for results — and that can lead to potentially dire consequences, researchers say.

A study by the Institute for Clinical Evaluative Sciences (ICES) found that in the first few years after bariatric surgery, there's an increased risk of attempted suicide in patients for whom the procedure didn't work, suggesting the need for prolonged psychological follow-up.

80%

Bariatric surgery patients lose up to 80 per cent of their body weight in the first year after surgery

Researchers say the operation is an effective treatment for morbid obesity, with an estimated 60 to 80 per cent reduction in weight within the first year for many patients. The procedure is also considered safe, with death rates averaging less than one per cent.

"Bariatric surgery in many cases is an extremely successful operation," said principal researcher Dr. Donald Redelmeier, an internal medicine specialist at Sunnybrook Health Sciences Centre in Toronto. "The average patient loses a lot of weight and some patients even get their diabetes cured."

But for an estimated one to two per cent of patients, the results are disappointing, he said. For such obese patients, that can lead to depression and despair because they lose hope of ever being able to shed their excess pounds, said Redelmeier, a senior scientist at ICES.

"They've played that card once.... Once you go for bariatric surgery, in some cases it's the end of the line."

For an estimated one to two per cent of patients, the results of bariatric surgery are disappointing, which can lead to depression and despair, says Dr. Donald Redelmeier. HANDOUT

Redelmeier recalled one patient he saw in Sunnybrook's emergency department who had attempted suicide with a drug overdose.

The woman had undergone bariatric surgery two years earlier, which had failed to help her lose weight.

"And she really was so depressed about it. She had just suffered at home and terminated relations with her surgeon, her family doctor and her previous psychiatrist," he said.

"She was classic for suffering in silence because of the element of shame and disappointment."

Bariatric surgery is becoming more common in Canada, according to statistics from the Canadian Institute for Health Information (CIHI). In 2013-14, hospitals performed more than 6,500 operations, up from about 1,600 in 2006-07.

Those who qualify have failed to lose weight with diet and exercise and are morbidly obese, with a body mass index of at least 40, or a BMI of 35-39 with a weight-related health condition like Type 2 diabetes, high blood pressure or severe sleep apnea. Close to 80 per cent of patients are women, and their average age is 45. THE CANADIAN PRESS

SEX, WEIGHT

Post-sex blues not so uncommon

Being hit with a case of the post-sex blues isn't as weird as many women might think. New research is shining a light on the mystery known as post-coital dysphoria (PCD). In a recent study, 46 per cent of women surveyed had experienced PCD symptoms at some point in their lives. METRO

Going to bed late may set stage for weight gain

It turns out that your bedtime may have something to do with weight gain. According to researchers at the University of California, Berkeley, teens and adults who stay up late have a better chance of packing on the pounds. A recent study revealed that each hour of lost sleep translates to a 2.1-point increase in BMI index. METRO

To my wife: Don't read this book

THE GAME SEQUEL

Neil Strauss' lube-soaked journey to monogamy

Falling asleep at an orgy party. Jumping into threesomes, foursomes and moresomes. Checking into rehab for sex addiction.

These are all real experiences author, journalist and ghostwriter Neil Strauss went through in his quest for true relationship happiness.

In his new book, The Truth: An Uncomfortable Book about Relationships, Strauss reflects on his life after the runaway success of The Game, a 2005 book about his experience penetrating the world of pickup artists. It brought him Godlike status among insecure males, sex galore and invites to celebrity parties. Then in the late 2000s he got his wake-up call — he got caught cheating on his girlfriend, a blond beauty named Ingrid whom he deeply loved.

He decided to shake up his lifestyle and commit to finding real happiness. He went to sex addiction rehab for a year. But they broke up, and he followed a different, lube-soaked path through non-monogamy.

Eventually, he found his way back, and he and Ingrid are married with a seven-month-old son. Here Strauss, now in his 40s, talks about his new book.

You have a disclaimer at the front of your book to your wife, Ingrid, saying, "Don't read this." Did she read it?
Yes.

What was her response?
Honestly, it was the best thing that ever happened to our relationship. There are no secrets and in a sense she feels much safer. "Oh, now that I know everything. I've got nothing really to worry about. That's the worst and I can handle that."

But I think both the idea of me wanting her not to read it at first — and you maybe needing elaboration on that — points to a bigger problem in relationships in that we're scared to show our true selves to someone. And if we don't, are you really having a relationship?

> **I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works...**
> Neil Strauss

What were you trying to figure out through the whole process?
I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works, so maybe it's time to design a new type of relationship that works better.

Unfortunately or fortunately, I learned over the course of the experience that the problem wasn't relationships, it was me.

What has this journey taught you about monogamy?
It's taught me that we have so many nonsense ideas in our culture that we cling to that keep us from living our lives — and that includes monogamy and non-monogamy. Ingrid and I, our relationship is to do whatever's right for three entities — me, her and the relationship, whatever that may be. (The labels) aren't useful.

There's a lot of talk in the book about sex addiction. Do you think you have a sex addiction? Do you think sex addiction is real?
The answer is I don't know, to both questions. I've definitely had psychological issues preventing me from intimacy. And I definitely think most of the people who I met who are identified as sex addicts, I think they were cheaters (laughs) and had underlying problems that prevented them from intimacy.

TORSTAR NEWS SERVICE

Neil Strauss says fatherhood has brought a sustained level of happiness incomparable to the quick highs of his past life. CONTRIBUTED

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, Ottawa and Toronto, ON, and Halifax, NS, who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, consisting of a double pass to a screening of The Last Witch Hunter on Oct. 21, 2015. Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on Oct. 13, 2015 and closes at 11:59 pm ET on Oct. 18, 2015. To enter and for complete contest rules visit www.clubmetro.com.

KOMBUCHA

Tangy tea's alcohol levels prompts U.S. regulatory battle

A tangy fermented tea called kombucha has moved from the natural foods aisle to the mainstream. But it's also moved into the hot seat amid renewed concerns that it can contain low levels of alcohol.

Five years after alcohol levels detected in kombucha prompted nationwide recalls, U.S. federal authorities again are warning producers to relabel their products to indicate alcohol content or face fines. But this time around dozens of producers are resisting, and have asked for new federal tests to help them avoid running afoul of alcohol laws.

Kombucha is a tea that has been fermented with bacteria and yeast, giving it a tart, vinegar-like zip and high levels of bacteria that some consider to impart health benefits.

Its popularity in recent years has landed kombucha in the sights of the U.S. Alcohol and Tobacco Tax and Trade Bureau. That's because the fermentation process can give the drink too much alcohol for it to be legally sold as a non-alcoholic beverage.

Kombucha makers complain that the alcohol threshold that triggers the law — 0.5 per cent — is too low to intoxicate people.

Kombucha, a fermented tea, can contain 0.5 per cent alcohol, landing it in the sights of the U.S. authorities. ISTOCK

Kombucha tea naturally walks the line of what federal authorities consider an alcoholic beverage. Yeast and sugars in the tea create both the desired bacteria and alcohol. A kombucha tea can edge toward 1 per cent alcohol if it is aged and not refrigerated.

Kombucha brewers say the agency needs a new alcohol test specific to fermented drinks. They say the commonly used test to determine alcohol by volume doesn't account for naturally occurring sediment in kombucha, from bits of tea leaves to strands of yeast.

"It's almost like a witch hunt," said Tom Nieder, founder of Companion Kombucha in St Louis. He hasn't received an enforcement letter, but said brewers are fighting comparisons to alcohol or other drinks.

The federal agency says it is interested in an alcohol test specific to fermented beverages. But in the meantime, it says it won't stop issuing fines when it gets reports of products that exceed alcohol limits using existing tests.

THE ASSOCIATED PRESS

What's in processed foods and why

INGREDIENTS

New book takes objective look at 75 food additives

Eva Kis
Metro | New York

There's a lot of finger-pointing going on in the food world about the role of what we eat — specifically processed food — in modern problems from metabolic disease to depression. Steve Ettlinger doesn't take sides, but he'd appreciate it if there were a little less noise and a little more science.

"I think it's important not to freak out — as some bloggers have — that something in food also has an industrial use," he says. "It's important to turn down the chemophobia; and yet on the other hand, it's healthy to be fascinated by the fact that some of these things are made in chemical plants."

SNACKS DECONSTRUCTED The book also breaks down 25 common foods, like Doritos chips, into their individual ingredients.

Steve Ettlinger's book Ingredients strips away the hype of food additives. DWIGHT ESCHLIMAN

Ecological detective

His new book, Ingredients, highlights 75 of the most common additives (there are thousands) with periodic table-like photographs by Dwight Eschliman to explain how they were invented, where they're made and what they do. Ettlinger describes the writing process as having to become the "determined ecological detective" of The Omnivore's Dilemma to tell the stories of these ingredients on a high school science level. "Just as there's a terroir for Beaujolais, I wanted to see if the same was true for polysorbate 80," he says.

What Ingredients doesn't do is take sides on whether an additive is healthy or not. "An observational perspective can help educate people without conclusions and emotions," explains Eschliman.

Without the baggage of hysteria, what's left is admiration for the ingenuity of additives — and surprise at how the "natural" and "artificial" worlds can blur. Many additives are derived from sources like kelp, while products once thought of as waste now have rock star status, like whey.

Additives also evolve — partially hydrogenated vegetable oil no longer contains trans fats — while lab-made ingredients could be doing the heavy lifting that would be much more expensive, and possibly more harmful, than their natural alternatives, like artificial sweeteners versus sugar.

'Chemophobia'

Though the book acknowledges that "everyone should know to eat mostly fruit, vegetables and whole grains," that doesn't justify knee-jerk "chemophobia" just because an ingredient sounds "chemical-y." Take, for example, dihydrogen monoxide. Sounds sinister, doesn't it? As Ingredients points out, it's in everything from paint to acid rain. It's even fatal in large enough doses, and inhaling it can kill you, too. Yet, none of us would be alive if it weren't for good old water.

The forces that decide what foods end up on shelves are both scientific and political, with a patchwork of agencies trying to keep up with the pace of innovation. If Ingredients has one call to action, it's this: Being an educated consumer is the healthiest choice you can make.

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Tim Hortons

It's said that breakfast is the most important meal of the day, and judging by the morning lineups at coffee shops and fast food joints, Canadians sure love their a.m. food fix. With the morning rush, most people are looking for a tasty and filling breakfast. Beware of those that may be disguised as healthy but are loaded with calories, fat and sodium. A steady diet of these meals can raise the risk of stroke and cardiovascular disease.

PICK THIS

English muffin, egg and cheese

Ingredients
English muffin, egg and cheese
Calories 270
Fat 10 g
Saturated fats 5 g
Sodium 610 mg

SKIP THIS

Sausage bagel BELT

Ingredients
Twelve grain bagel, sausage patty, egg patty, processed cheese, lettuce and tomato

Calories 580
Fat 26 g
Saturated fats 10 g
Sodium 1160 mg

HERE'S WHY

The fat equivalent of 26 Honey Dip Timbits

The Sausage Bagel BELT may be served on a twelve grain bagel, which does increase the fibre, but the bagel alone has 350 calories, 9 g of fat and 530 mg of sodium! An English muffin only has 120 calories, 1 gm of fat and 200 mg of sodium. The sausage also adds excess calories, fat and sodium. Think of this bagel breakfast being equivalent to 26 Honey Dip Timbits in fat. That's almost half your daily intake of fat before noon!

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metro SPORTS

Manny Pacquiao says his surgically repaired shoulder is 80-90 per cent healed and he expects to return to the ring in March

Jets left on the tarmac by Islanders in Brooklyn

NHL

Tavares leads New York to first victory in its new home

Though it was only their third game of the season, the New York Islanders felt a great sense of relief on Monday.

John Tavares had a power-play goal and added two assists and the Islanders beat the Winnipeg Jets 4-2 on Monday afternoon to earn their first victory in Brooklyn.

"I think we're most excited for ourselves," said forward Ryan Strome, who opened the scoring with a power-play goal at 19:48 of the first period.

"It's great for Brooklyn and great for the fans who have been loud and supportive."

Thomas Greiss made 22 saves and the Islanders sent the Jets to their first loss in three games this season. The home team came out with purpose after losing their opening two games of the season to the defending champion Blackhawks, one in overtime at home and the other in regulation in Chicago.

"We seemed to be more in sync and we were hungry on the puck," Tavares said.

"There was a lot more familiarity here and that made a big difference."

The Islanders outshot the visitors 16-6 in the opening period and had a 20-9 shots advantage in the second. Jets goaltender Ondrej Pavelec made a number of key saves in the first as the Islanders had four power-play chances.

Islanders goaltender Thomas Greiss makes a save on the Jets' Nikolaj Ehlers in Brooklyn on Monday. BRUCE BENNETT/GETTY IMAGES

MONDAY In Brooklyn

ISLANDERS	JETS
4	2

> They're a tough team to play. They have a lot of scorers.
> Jets' goalie Ondrej Pavelec

The Jets — starting their season with a four-game Eastern road trip — opened with wins over the Boston Bruins and the New Jersey Devils. They were seeking the first 3-0 start in franchise history and will conclude the trip against the Rangers at Madison Square Garden on Tuesday.

Pavelec did make a number of key saves early in the first. His best was a toe stop on Tavares just over seven minutes in as the Islanders captain eluded the Jets defence and was alone in front. Pavelec also denied defenceman Travis Hamonic on a breakaway midway through the second and made 40 saves overall.

"They're a tough team to play. They have a lot of scorers," Pavelec said. "It was too many penalties. For two periods, I don't think we played our hockey."

Strome banged in a rebound with a man advantage with 12 seconds left in the first, giving the Brooklyn matinee crowd a chance to launch their standard "Yes! Yes! Yes!" chant. Tavares and Kyle Okposo assisted on Strome's first of the season.

Brock Nelson made it 2-0 on a wrist shot from the right wing at 6:46 of the second after Tavares slid him the puck from the left side. Defenceman Johnny Boychuk also assisted on Nelson's first goal of the season. Tavares increased the margin to 3-0 at 10:45 of the second after Pavelec stopped Marek Zidlicky's shot from the point and the rebound came to Tavares perched to the goaltender's left.

"From the drop of the puck, we dominated the game," Islanders coach Jack Capuano said. "We just played Islanders hockey."

Josh Bailey added an empty-net goal with 19 seconds left.

Greiss — starting in place of Jaroslav Halak for the second time in three games — wasn't especially tested. But he was steady when he had to be, only allowing a late second-period goal to Mark Scheifele and power-play goal by Dustin Byfuglien at 11:52 of the third.

THE ASSOCIATED PRESS

CFL

Toronto, Harris take out Alouettes

MONDAY In Montreal

ARGOS	ALOUETTES
25	17

The Toronto Argonauts have become the road warriors of the Canadian Football League.

Trevor Harris threw touchdown passes to Diontae Spencer and Tori Gurley as the Argonauts stretched their winning run to three games, all away from home, with a 25-17 victory over the Montreal Alouettes on Monday afternoon.

Their win in Ottawa last week was supposed to have been a home game, but they were forced out of Rogers Centre by the Blue Jays playoff run. Their next game, Saturday against the Calgary Stampeders, may be moved to Tim Horton's Field in Hamilton.

"Of course, we'd much rather be in the dome than playing at Tim Horton's," said coach Scott Milanovich, whose team is 5-4 away from the Rogers Centre. "That's the hand we've been dealt and we're going to play to win."

Brandon Whitaker ran in a touchdown and Justin Palardy kicked a field goal for Toronto (9-5), now tied with the Hamilton Tiger-Cats atop the East Division.

Tyrell Sutton and B.J. Cunningham scored TDs and Boris Bede had a field goal for Montreal (5-9), which lost a third game in a row before 21,536 at Percival Molson Stadium.

THE CANADIAN PRESS

The Argonauts' Brandon Isaac makes a tackle. GRAHAM HUGHES/THE CANADIAN PRESS

NHL

Stamkos milestone helps Bolts over B's

Steven Stamkos scored his 500th career point with a tiebreaking power-play goal that sent the Tampa Bay Lightning to a 6-3 win over the Bruins on Monday.

500

Number of career points Steven Stamkos has.

Brian Boyle scored two goals, and Ondrej Palat, Jonathan Drouin and Valtteri Filppula added goals for the Lightning. Ben Bishop stopped 27 shots.

It was Tampa Bay's first win in Boston since March 25, 2010.

Loui Eriksson had two power-play goals, and David Krejci also had one for Boston, which opened a season with three straight losses for the first time since 1999.

Stamkos fired a slap shot from the top of the right circle for the milestone point that broke a 3-3 tie at 15:17 of the second period. THE ASSOCIATED PRESS

IN BRIEF

Sabres goalie Lehner out weeks with ankle injury

Buffalo Sabres starting goalie Robin Lehner will miss between six and 10 weeks with a sprained right ankle.

Coach Dan Bylsma revealed the timetable on Sunday after Lehner underwent a series of tests. Lehner was hurt in the second period of Buffalo's season-opening 3-1 loss to Ottawa on Thursday. The injury means the Sabres will proceed with backup Chad Johnson.

THE ASSOCIATED PRESS

NHL

Eichel goal gives first Sabre win to Bylsma

Rookie star Jack Eichel scored a nifty unassisted goal and Buffalo beat the Columbus Blue Jackets 4-2 on Monday to give coach Dan Bylsma his first victory with the Sabres.

The former Boston University player selected No. 2 overall in the June draft, Eichel bodied off Boone Jenner in a loose-puck battle, kept the puck in the offensive zone, wheeled to his forehand and ripped a shot over goalie Sergei Bobrovsky to give Buffalo a 3-1 lead at 9:21 of the third period.

Rasmus Ristolainen, Ryan O'Reilly and Matt Moulson had power-play goals for Buffalo. Moulson also had two assists, and Chad Johnson made 21 saves to help Buffalo rebound after losing its first two games of the season.

Scott Hartnell and Brandon Saad scored for Columbus, and Bobrovsky stopped 29 shots. The Blue Jackets are 0-3.

THE ASSOCIATED PRESS

Blue Jays withstand Texas heat

MLB PLAYOFFS

Toronto staves off elimination again to force Game 5 at home

ALDS Game 4

8 4

After twice being on the brink of playoff extinction, the Blue Jays are now one win away from the American League Championship Series.

Backed by early Josh Donaldson, Chris Colabello and Kevin Pillar home runs, R.A. Dickey and David Price combined for 7-2/3 innings as Toronto defeated the Texas Rangers 8-4 to tie their AL Division Series at two games apiece.

The deciding Game 5 goes Wednesday at Rogers Centre, with hope of a happy ending for Toronto's first foray into the playoffs in 22 years. The home team has yet to win in the series.

Price relieved Dickey with two outs in the fifth and the Jays leading 7-1, meaning Marcus Stroman will likely start Wednesday in what could be a rematch of Game 2 against Cole Hamels.

Price threw 50 pitches over three innings, giving up three runs on six hits with two strikeouts. Aaron Sanchez and Roberto Osuna finished it off for the Jays.

"Sometimes the best way to win games is to not let teams back into it," said Toronto manager John Gibbons when asked why he turned to Price out of the bullpen. "I told Price if we get you up (in the bullpen) you're going in."

It was Price's first relief outing in five years. He made five playoff relief appearances in 2008 with Tampa Bay.

The six-foot-six left-hander, the losing pitcher in Game 1, is now 2-6 all-time in the postseason. The two wins are both as a reliever and the six losses all as a starter.

After losing the first two games 5-3 and 6-4 in 14 innings in Toronto, the Jays had taken one step out of the hole they had dug themselves when they defeated Texas 5-1 Sunday on the strength of Troy Tulowitzki's three-run homer.

On Monday, they led 3-0 before Dickey set foot on the mound. It was 4-0 after two innings and 7-1 after three. Things settled down after that.

The Jays, who managed three home runs in the first three games, matched that total in two innings Monday for a franchise playoff record. It marked the first time the Blue Jays have hit three homers in a post-season game. The team had nine two-homer games.

Toronto led the majors with 232 homers during the regular season.

Blue Jays designated hitter Edwin Encarnacion scores under Rangers catcher Robinson Chirinos on Monday in Arlington, Texas. TONY GUTIERREZ/THE ASSOCIATED PRESS

DIVISION SERIES

Astros error breathes life back into Royals' season

Astros shortstop Carlos Correa couldn't handle a deflected grounder that might have been a double-play ball, helping the Kansas City Royals rally for five runs in the eighth inning to beat Houston 9-6 Monday and force their playoff series to a decisive Game 5. THE ASSOCIATED PRESS

Cubs use long ball to take 2-1 lead over Cardinals

Kris Bryant and Jorge Soler each hit two-run drives and the Chicago Cubs connected for a post-season franchise-record six homers in an 8-6 victory over the St. Louis Cardinals in Game 3 of the NL Division Series on Monday. THE ASSOCIATED PRESS

Rangers third baseman Adrian Beltre returned to the lineup after leaving Game 1 with a lower back strain and had a pair of hits. THE CANADIAN PRESS

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RECIPE Roasted Pork Tenderloin with Sweet Potatoes and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't bother telling people how easy this is to make!. **Serves 4**
Prep time: 50 minutes

Ingredients

- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple like Gala or Honey Crisp)
- 2 tsp thyme, finely chopped
- 1 smallish sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 – 1.5 kg pork loin
- Salt and pepper

Directions

1. Preheat the oven to 425 degrees. In a small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

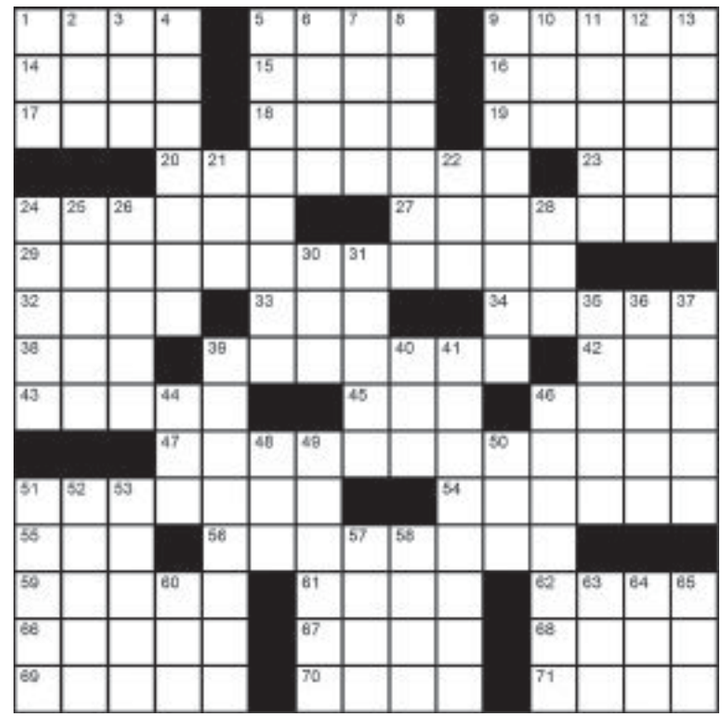
2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

3. Mix the rest of the Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin in between the two rows of fruit and veg. It's fine if they overlap. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil and let meat rest about 10 minutes before serving.

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Winnipeg hockey players
5. WWI fighter plane
9. Shocked reactions
14. Buffalo's lake
15. British band, __ Shaker
16. Enjoy the meal: 2 wds.
17. Hay bundle
18. Mr. Roddick of tennis
19. "Ta-da!"
20. Ink-and-needle artist
23. Questionnaire query
24. Peter of "The Lion in Winter" (1968)
27. Spotted
29. First Nations celebrity chef: 2 wds.
32. Story told backwards?
33. "It's _ __ brainer!"
34. "No More __" by Mary J. Blige
38. Little 'little'
39. Puzzle
42. The White Stripes drummer
43. Western prop
45. Fitness system, __ Bo
46. Plant that's been on the Earth for millions and millions of years
47. Touchdown-getter's celebratory display: 3 wds.
51. Prehistoric supercontinent
54. Namesakes of TV personality Ms. Fuentes
55. Toronto museum [acronym]
56. Can be torn, as paper
59. __ boom
61. Mountain lion
62. Canadian basketball great Steve
66. Pledge of faithfulness, in times of yore
67. Mr. Clapton
68. "Farewell!"
69. Flip
70. Computer's resting spot
71. Thus

DOWN

1. 2016 US Presidential candidate, _!
2. Pitcher's stat.
3. Blue Rodeo's "'__ I Am Myself Again"
4. Make sure the task gets done: 3 wds.
5. Rideau Canal __ (Wintertime attraction in Ottawa)
6. Type of football kick
7. Montreal-headquartered footwear retailer
8. Saturday or Sunday, to business week workers: 2 wds.
9. Prepare: 2 wds.
10. "Fan-tast-ic!"
11. Montreal __ Spice (Type of seasoning)
12. Cleanse
13. Velocity
21. Municipal council member, e.g.
22. Furniture wood
24. Entertainment journalist Nancy
25. Ms. Shire of "Rocky" (1976)
26. Long circles
28. Train co. headquartered in Montreal
30. Pluralled switch position
31. 6/49 or Max
35. Last words in prayers
36. 2008 hit song for Duffy
37. Choreographer Ms. de Mille
39. The Queen's system
40. 'Paris' suffix
41. Market research information
44. Section, for short
46. Tin-glazed earthenware
48. Agnus __ (Lamb of God)
49. Handled a laser
50. NBA's Mavericks, on scoreboards
51. Histories
52. Shopping venue of ancient Greece
53. Taboos
57. Genuine
58. Quebec 'friends'
60. "__ So Easy!" by The Crickets
63. Oxygen
64. Droop
65. "Yoo-__!"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The more you try to force events in one direction the more they seem to move in the opposite. Today's new moon in your opposite sign is an invitation to go with the flow. It won't be so bad.

Taurus April 21 - May 21
There is a strong possibility that partners, friends and even work colleagues will be opposed to what you want to do today. Being the stubborn Taurus you are that will only make you more determined to do it.

Gemini May 22 - June 21
You will one day be glad that you were forced to make certain changes, and if you stop struggling and work with them today you will benefit financially and professionally.

Cancer June 22 - July 23
Keep doing what you are doing and keep believing that your input makes a difference. Remember though that a job well done is a job you should also be paid for.

Leo July 24 - Aug. 23
Make this the day you throw out all the emotional junk you have acquired over the past six months or so. If a relationship has become too stifling now is a good time to start putting some distance between you.

Virgo Aug. 24 - Sept. 23
Pace yourself sensibly and make sure you are flexible so you can deal with whatever fate chooses to throw your way. What occurs is likely to catch everyone by surprise, but you will recover faster than most.

Libra Sept. 24 - Oct. 23
Don't give up on something just because it is proving difficult. Today's new moon in your sign indicates that if you stick it out a little longer you will get the breakthrough you have been hoping for.

Scorpio Oct. 24 - Nov. 22
Don't take it to heart if certain people seem to be avoiding you. It does not mean they no longer like you. The most likely reason is that they don't want to burden you with their woes.

Sagittarius Nov. 23 - Dec. 21
What happens over the next 24 hours will take most people by surprise, but not you. You have sensed for quite some time that a big change was coming, so you will be ready for it. Help those who take it hard.

Capricorn Dec. 22 - Jan. 20
You have no time for trivial ambitions and still less time for trivial people and what happens today and tomorrow will make it clear to everyone that you are a serious player.

Aquarius Jan. 21 - Feb. 19
Yesterday's Sun-Uranus link broke up something that once seemed so solid and stable and today's new moon will show you what is going to replace it. Chances are you will be delighted with this new state of affairs.

Pisces Feb. 20 - March 20
What happens over the next few days may be unsettling but if you keep your wits about you there is no reason why you should not profit from the situation. Use your Pisces sensitivity.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Difficulty Level ★★★★

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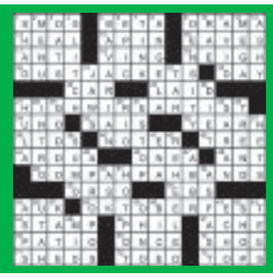

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1	6	2	5	7	3	8	9	4
5	3	9	2	4	8	1	6	7
4	5	8	3	6	9	7	1	2
7	9	6	8	2	1	4	5	3
3	2	1	7	5	4	6	8	9

Difficulty Level ★★★

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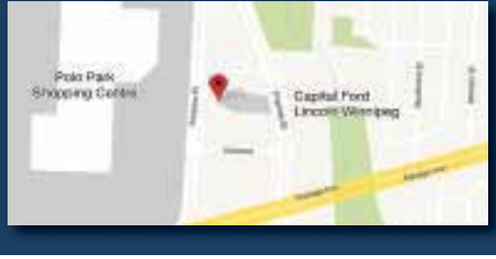

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